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WINNIPEG FORWARD MATURING INTO A TWO-WAY FORCE

PAGE 17



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Traffic goes by outside the new fire station on Portage Avenue near Route 90 Wednesday morning. The nearby intersection features new fire truck lights that will stop traffic when an emergency vehicle needs to leave. ELISHA DACEY/METRO

Run this red at your peril

Portage Avenue.

Fire truck lights meant for emergency vehicles now operational



ELISHA DACEY

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'Peggars commuting on Portage Avenue near Route 90 noticed a new addition to Winnipeg's traffic signals Tuesday: fire truck lights.

The new set of lights at the intersection are unlike any others in Winnipeg in that they don't have a green light, and are activated by personnel driving emergency vehicles out of the new fire station being built at the same intersection.

Tammy Melesko, a spokesperson for the city, said there are reasons why the city chose to go with fire-truck lights rather than regular traffic lights.

"We wanted to make sure the public knew it is only for fire trucks (or) emergency

Driver's ed

- If the lights are off, vehicles are free to move through the intersection.
- If the lights are flashing amber, vehicles should slow down and proceed with caution.
- If the lights are steadily amber, vehicles should slow down in anticipation of a red light.
- If the lights are red, don't go through or risk getting smacked by an emergency vehicle.

vehicles, instead of a traffic signal that can be used by any vehicles leaving the fire station."

The lights were in operation Tuesday and will be put to use as soon as trucks are ready to be stored at the new station. Melesko said an official move-in date has not been confirmed.



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'Reset' coming

Premier set to shuffle cabinet

Premier Greg Selinger is set to make some big changes to his cabinet.

There will be a "reset" of the ministerial lineup in the coming days — well before the NDP government's Nov. 12 throne speech, Selinger's press secretary, Matt Williamson, said Wednesday.

The change comes as the NDP has been dropping in opinion polls halfway through the party's fourth consecutive mandate.

The government has faced strong criticism over its decision in April to raise the provincial sales tax to eight per cent from seven per cent.

THE CANADIAN PRESS

Bonnie Staples Lyon out

Brad Salyn in as Katz's chief of staff

Winnipeg Mayor Sam Katz has a new chief of staff.

Katz announced Wednesday Brad Salyn will take on the role as former Chief of Staff Bonnie Staples Lyon moves on to become the city's Director for the Office of Policy Development and Communications.

"Bonnie Staples Lyon has served this office tirelessly since 2010," said Katz in a release. "I know her strategic planning and communications experience will be invaluable to Executive Policy Committee and I look forward to working with her in her new capacity as Director for the Office of Policy Development and Communications."

Salyn has held a number of positions at the Mayor's Office since Katz assumed office in 2004, including Press Secretary. **METRO**

'High risk.' Vandal seeks Liberal party nomination

The councillor for St. Boniface is making a "high risk" run at the federal level in the hopes it'll pay off in dividends.

Coun. Dan Vandal confirmed on Wednesday that he'll be seeking the Liberal party nomination to run against incumbent Conservative Party MP Shelly Glover in the next federal election.

Vandal said he wants to be part of "a strong team with a

strong leader," referring to Justin Trudeau.

"I'm going to take it one step at a time, clearly the first step is winning the nomination," said Vandal, who co-chaired Trudeau's leadership campaign in St. Boniface.

As for a mayoral run, Vandal summed it up with been there, done that. "I tried that once and it didn't work out very well."

BERNICE PONTANILLA/METRO

University of Manitoba. Professors set to strike

The faculty association at the University of Manitoba says a strike by professors will begin Tuesday if contract negotiations fail.

Professors who voted last week approved a walkout by 68 per cent.

University administrators have offered professors 8.9 per cent over four years, while the union wants 5.8 per cent in a two-year deal.

Time

2001

It's been 12 years since the professors at the university hit the picket line.

Professors at the University of Manitoba last went on strike in 2001.

CJOB/THE CANADIAN PRESS

Rapid transit costs soar to \$500 million

Deadline. Estimates were \$190M in 2010, but since have more than doubled as mayor issues Dec. 2 cut-off

The Manitoba government says Winnipeg's mayor is free to issue deadlines in the ongoing rapid transit talks, but the ballooning costs — now more than \$500 million — are holding up the gravy train.

"We have set a deadline, which we don't normally do, of Dec. 1," said Mayor Sam Katz on Wednesday.

"In order to get our application in, we want to have the complete support of the province and we are working towards that."

In an email to Metro, a spokesperson said the province is committed to funding its share, but the city's cost estimate and project scope "have increased dramatically."

"The project has grown to include new elements, such as the reconstruction of the Pembina underpass at Jubilee," wrote Naline Rampersad.

"As a result, the cost estimate has grown from \$190 million in 2010 to well over \$500 million today for an integrated transit and road development project."

The province and city have been negotiating for the better part of 2013 on the funding formula for the \$350-million second phase of the rapid transit project, called the southwest corridor, which would link downtown to the University of Manitoba.

The city is asking for \$75 million from the federal government, with the municipal and provincial governments each paying half of the rest, or \$137.5 million. Provincial officials want to see a one-third model, or \$116.7 million, from each of the three levels of government.

BERNICE PONTANILLA/METRO



Mayor Sam Katz said the city "doesn't normally" issue deadlines like it has on the rapid transit file. BERNICE PONTANILLA/METRO

1 NEWS



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Police at the scene where an elderly man was hit by a semi over the lunch hour on Wednesday. ELISHA DACEY/METRO

Man run over by semi-truck in hospital

Critical condition. Witness describes accident victim as man in his 90s



ELISHA DACEY
elisha.dacey@metronews.ca

An elderly man is in hospital after being hit by a semi-truck while crossing Portage Avenue in St. James over the lunch hour.

Police blocked Portage Av-

enue eastbound at Berry Street Wednesday after witness Ellen Gale said the man was run over by the truck.

Gale said she was driving in the median lane eastbound on Portage Avenue and had just pulled away from the intersection after a red light.

"I didn't see the gentleman," she said, but looked in her rearview mirror when traffic stopped around her. At that point, she said she saw the man's walker right next to the truck's tire.

"I pray to God that the older gentleman is all right,

and I pray to God that the younger man (the driver of the semi) is all right.

"He was quite shaken up." Gale said no one was speeding, calling it "an unfortunate accident." She described the man as in his 90s and said he was conscious when emergency workers took him away. She also said he was under the truck and personnel had to lift the semi with a giant air bag to get the semi off of him.

Police said the man was taken to hospital in critical condition. There is no word on whether charges will be laid.

Two in custody following standoff in North End

A North End elementary school had to be put into lockdown Wednesday morning while a police drama unfolded at a home just across the back lane from the school's playground.

Students from Faraday School were bused to nearby Isaac Newton School after armed members of the tactical support unit, police dogs, and hostage negotiators surrounded a home in the 600 block of St. John's Avenue for several hours amid reports a man was armed inside.

A man and woman from inside the home were taken into police custody without incident around 9:30 a.m., and no weapons were found inside the home.

Police spokesperson Const. Eric Hofley said neither the man nor woman were immediately facing charges, and would only say an investigation from the night before brought police to the home around 4:30 a.m.

"Officers involved received



Police officers watch a home in the 600 block of St. John's Avenue from across the field at Faraday School after a heavy police presence around the home put the school into lockdown Wednesday morning. SHANE GIBSON/METRO

information that the person or persons they were looking for were at this residence," he said.

"An adult female and an adult male are currently in custody being interviewed by police and the investigation is ongoing."

Hofley said the home is a familiar address for police, and neighbours told Metro Winnipeg it's been a problem in the neighbourhood.

Classes resumed at Faraday School after the lunch hour.

SHANE GIBSON/METRO

Inquiry

Aide doesn't remember Sinclair

A triage aide who was the first to talk to a man who died during a 34-hour wait in the Health Sciences Centre emergency room says he doesn't remember him at all — even though he looked in his direction many times over two 12-hour shifts.

Jordan Loechner told an inquest into the death of Brian Sinclair that he doesn't remember speaking to the double-amputee on Sept. 19, 2008, nor does he remember seeing him languish in the waiting room for two days.

THE CANADIAN PRESS

Ste. Anne

Man dead after ATV crash

A 33-year-old Winnipeg man has died in hospital following an ATV crash in the RM of Ste. Anne Sunday.

Three men were riding their ATVs around 2:30 p.m. when the man from Winnipeg flipped his vehicle into a ditch while taking a corner, Steinbach RCMP said Wednesday.

The man was taken to Ste. Anne Hospital before being brought to hospital in Winnipeg where he died Tuesday morning.

The man's name was not released. METRO

2011 flood

Manitoba goes over water control structure operation

The Province of Manitoba is reviewing how it operates the Portage Diversion, Fairford Water Control Structure and the Red River Floodway following 2011's flooding around Lake Manitoba.

The review's findings will be used to establish interim operating rules for the three water control structures while a new Lake Manitoba outlet and Lake St. Martin channel are constructed.

METRO

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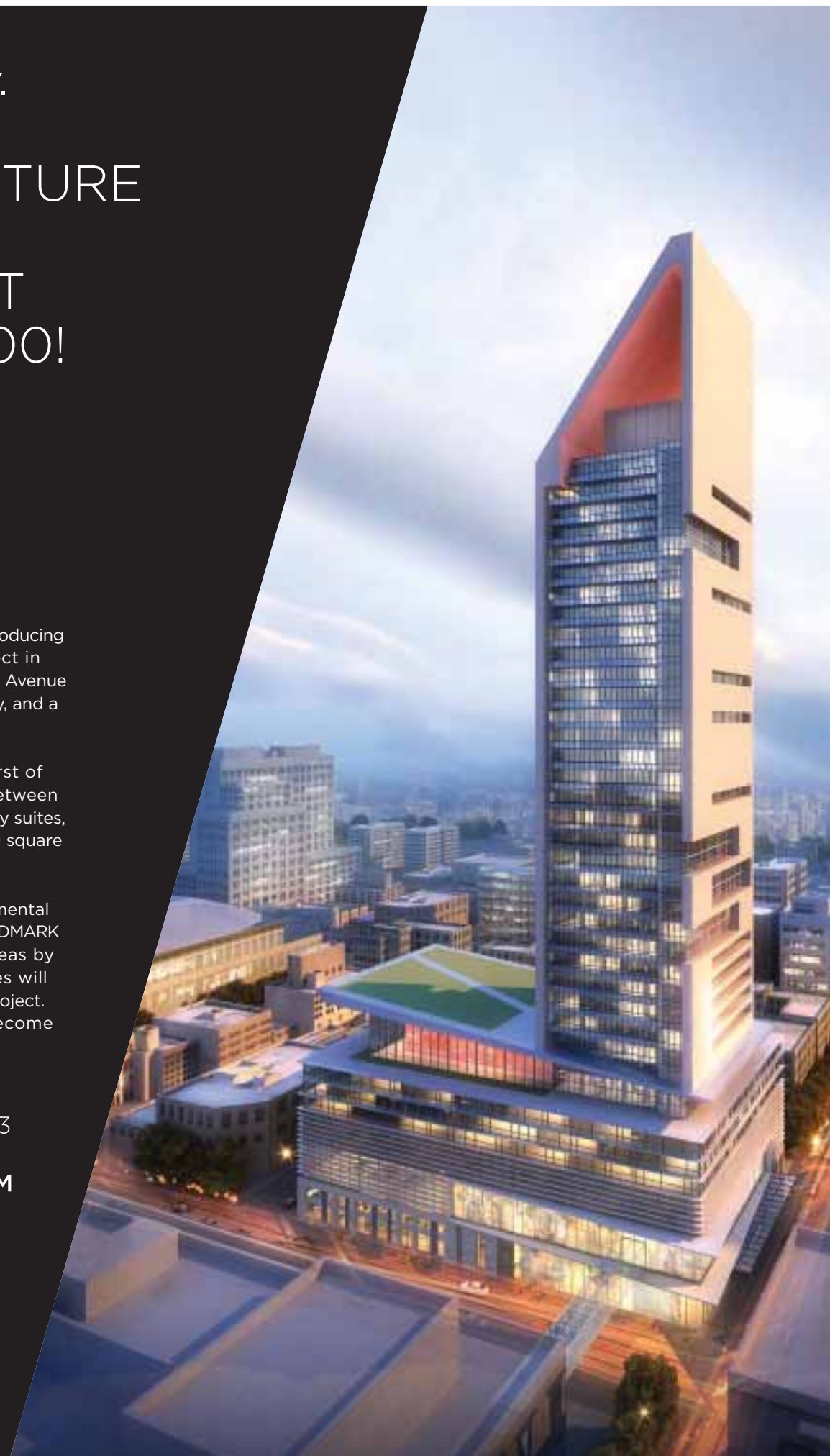
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Harper's throne speech courts middle-class voters

Eye on the election.

PM beset by Senate expense scandals and polls showing his party tied with or trailing the Liberals

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai,



SPEAKER OF THE HOUSE OF COMMONS ANDREW SCHEER LISTENS TO THE SPEECH FROM THE THRONE.



PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries

for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a nation "great in thought, great

in action, great in hope and great in position."

"His vision has come to pass," said the Governor General.

Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties. Measures that come down hard on public sector workers — a primarily Conservative preoccupation — took up almost an entire page. And parents will be given a say before drug injection sites open in their community.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public.

In others, photos are taken during a sexual assault and posted online.

The new law will also give "police ... new tools to effectively address cyberbullying that involves criminal invasion of privacy, intimidation and personal abuse," the Throne speech said.

JESSICA SMITH/METRO IN TORONTO

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said.

From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons.

Corrections complied with one-third of ensuing coroner jury recommendations, the inquest heard.

The commissioner insisted corrections has made improvements in the six years since Smith, 19, strangled herself in a cell. Information sharing between health professionals and prison staff is better and interdisciplinary teams are deployed.

THE CANADIAN PRESS



Ashley Smith

THE CANADIAN PRESS



Give empty
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U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation.'

Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Congress raced Wednesday to approve a bipartisan deal to avert a U.S. default and reopen the federal government, a move intended to end a prolonged fiscal crisis that battered Republican approval ratings and threatened the global economy with a new recession.

Republicans were left with little to show for their fight — in political terms, the final agreement was almost entirely along lines President Barack Obama had set when the impasse began last month.

It includes nothing for Re-



Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

publicans demanding to eradicate or scale back Obama's signature health-care overhaul.

"We fought the good fight. We just didn't win," conceded House Speaker John Boehner as lawmakers lined up to vote

on the bill.

The Senate voted to avoid the default, 81-18, Wednesday night. The measure then headed to the House, where it was carried to passage by strong support from Democrats and

87 yes votes from Republicans.

Harry Reid, the Democratic Senate majority leader, thanked Sen. Mitch McConnell, the Republican minority leader, for working with

him to end what had become one of the nastiest partisan battles in recent Washington history.

"This is a time for reconciliation," Reid said.

THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders voted for the bipartisan agreement, officials said, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

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Eye for an eye? Dutch diplomat beaten after Russian envoy arrested

A Dutch diplomat was beaten up by two men who barged into his apartment in central Moscow, an attack that followed the arrest of a Russian diplomat in the Netherlands.

Russia expressed its regrets Wednesday, but the Dutch government said it expected a full explanation.

The arrest of Russian diplomat Dmitry Borodin in The Hague on Oct. 5 caused outrage in Moscow. Dutch state

broadcaster NOS reported that police had traced a car involved in an accident that day to Borodin's home, and neighbours told police they were worried for the safety of the children inside.

The incidents come at a time of growing tensions between the two countries over Russia's seizure of a Dutch-flagged Greenpeace ship and Russia's anti-gay laws.

THE ASSOCIATED PRESS

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services

and materials and using "commercial harassment" against recruits. The group and bookstore were fined 600,000 euros (\$814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

Scientology is recognized as a religion in the U.S., Sweden and Spain, but not one under French law.

THE ASSOCIATED PRESS

Judge releases sister of Boston bombing suspect

Ailina Tsarnaeva.

District attorney's office says 23-year-old not accused of passing fake bill, but evidence suggests she knew those that did

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Ailina Tsarnaeva, 23, was

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.



Ailina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston.

MARK GARFINKEL/BOSTON HERALD/POOL/THE ASSOCIATED PRESS

in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva picked up a person who passed a counterfeit \$100 US bill at a restaurant at the South Bay Mall in Boston in

2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on \$1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Soccer World Cup

Mexican fans thank bitter rivals U.S. for keeping hopes alive

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You," and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama.

Mexico and the U.S. are usually bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden as the Star Spangled Banner played before a 2004 Olympic qualifying game. THE ASSOCIATED PRESS



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A new study finds wireless speed is faster in our cities than in the U.S., but we pay more to be able to get that Instagram pic up quicker

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

Cross-country tests

PC testing was done in Toronto, Hamilton, Niagara region, Kitchener-Waterloo, London, Windsor and Ottawa in Ontario, as well as in Montreal and Quebec City, Winnipeg, Calgary, Edmonton and Vancouver.

and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," said Sascha Segan.

THE CANADIAN PRESS



Believe it or not: \$130M aquarium finally opens in Toronto

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and \$130 million in costs, the complex opened to the public Wednesday. The aquarium, billed as the country's largest, is home to more than 13,000 aquatic animals and 450 different species held in nearly six million litres of water.

More than 10,000 tickets to the downtown facility have already been sold online. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

A ruff drive. Centre uses canine crash dummies to make Fido's ride safer

To make the world safer for pets, Lindsey Wolko had to design an indestructible dog.

Two years and hundreds of thousands of dollars later, her non-profit Center for Pet Safety in Reston, Va., has a set of crash-test dog dummies that were battered, throttled and sent flying to test several car-safety restraints.

The rare study of travel products marketed to animal owners was released earlier this month and will be followed by tests of car crates, carriers and

Fragile cargo

It's not surprising that attention is being focused on safety because a huge number of car buyers want to drive with their pets, said Michelle Krebs, a senior analyst with Edmunds.com.

barriers. Lifejackets are on the short list of products to be tested as soon as funding is found.

THE ASSOCIATED PRESS

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by

275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. Loblaw is continuing to grapple with heightened competition from fellow grocers and a consolidation of the industry. THE CANADIAN PRESS

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HOW TO EASILY SAVE THE WORLD

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those



HE SAYS

John Mazerolle

metronews.ca

late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Blackberrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from

a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Clean-

ing that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom



COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap titled Mother's Little Headful was taken by 14-year-old Udayan Rao Pawar who won the award for Young Wildlife Photographer of the Year at the ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**



This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas



ISTOCK IMAGES

of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter



@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #GatewayPoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

Perfect strangers: The indie version

Collab. Slow Leaves and Rusty Matyas partner up for three songs on new EP



**BACKSTAGE
PASS**

Jared Story
winipeg@metronews.ca

Prior to their recent collaboration, long-time local musicians Grant Davidson (a.k.a. Slow Leaves) and Rusty Matyas (Imaginary Cities) had never met, a rarity in Winnipeg's close-knit, almost incestuous music scene.

Impressed with the sound on Imaginary Cities' debut disc, Davidson cold emailed Matyas, asking him to produce his latest album.

Matyas hadn't even heard of Davidson or Slow Leaves, but agreed to work with the 33-year-old singer-songwriter after watching a live acoustic video contained in the email.

Turns out, these perfect strangers made a perfect match.

"When we finished it (their first collaborative song), we just kept listening to it, having a really love-in. We wanted to high five each other the whole time," Davidson says.

The results of the Davidson/Matyas session can be heard on the three-song Slow Leaves EP, *Second Chances*. Released on Oct. 8, the EP is a teaser to a yet-to-be released full-length album, *Beauty is so Common*.

The partnership is very apparent on the EP's first single *Life of a Better Man*. Davidson's previous albums were focused in folk, roots and country music, and



Winnipeg singer-songwriter Grant Davidson, a.k.a. Slow Leaves, plays the Park Theatre on Monday. CONTRIBUTED

while the song still has all those qualities, there's an almost indie-pop component to it as well.

"Rusty's got a really great ear for melodies and sub-melodies and he definitely brought a more modern sensibility to it," Davidson says. "That's what I wanted. I had done the vintage sounding, four people off the floor sound and wanted to bring

in a lush, modern production approach."

Davidson says he and Matyas had "a real back and forth" over *Life of a Better Man*, which also features a stop-motion animation video made entirely by Davidson.

"I come from the Bob Dylan sort of school, where it's just stripped-down and you let the feel of the song come through," Davidson

says. "Rusty is definitely about layers. Layers, layers, layers. It was a lot of him wanting to do more and me wanting to do less, but we would compromise. Still, I always left the studio feeling like they were still my songs. My imprint is there."

"We kept leaving there with stuff that we both recognized as better than either of us would have done on

our own."

Slow Leaves opens for English singer-songwriter Lucy Rose at the Park Theatre on Monday. Tickets are \$15 at the Park, Winnipeg Folk Festival Music Store and Ticketmaster. Showtime is 8 p.m.

Also, Matyas will present Slow Leaves at Now Introducing... on Nov. 16 at the West End Cultural Centre.

2 SCENE



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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**



COURTESY OF RANDEE ST NICHOLAS

Online

Find more of the tenors
on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.
- **Find out more.** Visit bigbrothersbig sisters.ca to learn more about the organization.
- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.



Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Paggiuzzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves and always made them feel like members of the family. It's taught us to always care for others and never judge those who find themselves in difficult situations."

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Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding

that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter



@katperry

I refuse to speak Starbucks until I've actually learned Italian.



@Rihanna

420'ish



@SarahKSilverman

Just a quick reminder: other people exist



Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hang-over — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m.

having stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.

The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT

Metro World News

Eliza Doolittle's track *When I Was Little* would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track *You & Me* and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album *In Your Hands* (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?

I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?



Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspic-

ous and wear black?

I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also

really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?

Music is the only thing that is going to be there for me no matter what. So when I



finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?

Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items



Yon-Ka

Crème PS, \$56, yonka.com



Clinique

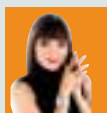
Chubby Stick intense moisturizing lip colour balm, \$17, clinique.com



Kevyn Aucoin

Celestial Bronzing Veil, \$48, kevyнауcoin.com

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Jeanne Beker
life@metronews.ca

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At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

Canadian street style

Spotted in: Toronto

Shanti Student

What she's wearing

Black Naturalizer heels, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration

"My mother. She saved a lot of her clothing from when she was younger, and now I

wear them all."

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A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna



This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in *The Can't Cook Book*. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture.

Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). **BOTH RECIPES,**

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

COPYRIGHT © 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)

- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's *The Can't Cook Book* is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with *The Can't Cook Book* are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. **METRO**

Back to roasted basics

"This is too easy and essential for the carnivore not to learn. It's the first recipe I teach my Can't Cook friends," writes Jessica Seinfeld about this Seriously Basic Roast Chicken in her book *The Can't Cook Book*.

1. Heat the oven (with the oven rack in the middle) to 425 F.

2. Let's get everything ready before you touch the chicken: wash the lemon and pierce several times with the tip of a paring knife; wash the rosemary sprigs. Set out your oil, salt, and pepper. Keep paper towels handy.

3. Remove and discard the packet of giblets from the chicken. Wash the chicken inside and out and pat dry with paper towels. Measure the oil, then drizzle and rub it over the chicken. Measure the salt and pepper (about 24 turns on a pepper mill) and sprinkle on



This recipe serves four. CONTRIBUTED

the chicken, inside and out. Stuff the lemon and whole rosemary sprigs into the cavity. Snip a forearm's length of kitchen twine and tie the legs together.

4. Place the chicken in the skillet and transfer to the oven (legs facing back). Roast until

an instant-read thermometer reaches 165 F when inserted into the thickest part of the thigh, 50 to 60 minutes (check after 50 minutes). Transfer to a clean cutting board and let rest 5 to 10 minutes before carving. After it's carved, reheat the pan drippings and drizzle over the chicken.

Ingredients and Tools

- 1 lemon
- 3 sprigs fresh rosemary
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 whole chicken (4 lbs)

Tools

- cutting board, scissors, measuring spoons, paring knife, kitchen twine, large oven-proof skillet, kitchen timer, instant-read thermometer, chef's knife

Don't panic

Washing the chicken definitely freaks some people out, so be sure to keep paper towels handy for this recipe. Tying the legs together is easy. Carving is a fun adventure.



Give empty beverage containers a new life.



Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more



DESIGN CENTRE
Karl Lohmes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your

sofa or chair seat cushion; a pillow should never take up more than a third of that depth.

- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.



Low vases are best for coffee and cocktail tables. Miramar vase, \$91, crateandbarrel.com.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, \$299, cb2.com.



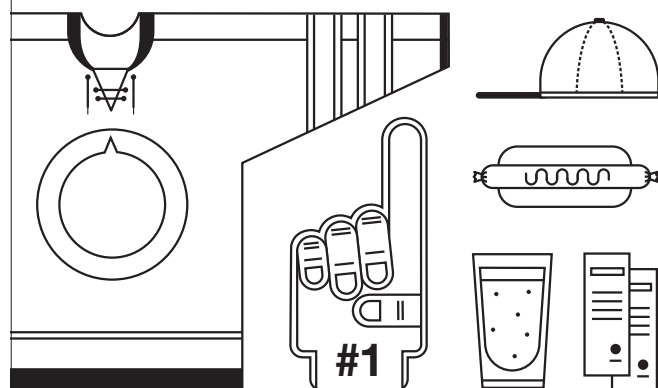
A low glass bowl or tray helps to keep small items organized. Sandia Platter, \$65, crateandbarrel.com.



Pillows become art. Family pillow cover, 12 x 19.5 inches, \$50, zarahome.com.



Add life to a corner chair (or simply hide a stain). Mohair plaid throw, \$199, zarahome.com.



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Kane putting talent to use



THE HOCKEY NEWS
Matt Larkin
winipeg@metronews.ca

Hockey is as complex as it's ever been. The game is faster than ever, more studied than ever and every penny counts in the salary cap era.

Yet some principles don't change. One of my favourites: talent wins. The best players find a way to rise to the top, especially if given enough of a window to do so. And while the Winnipeg Jets' start has been hot and cold to say the least, it seems coach Claude Noel is finally getting Evander Kane right. Or maybe Evander Kane is finally getting Evander Kane right. Whatever the reason, Winnipeg's best raw talent is maturing into its best all-around player before our eyes.

It's not just the offence, either. Sure, Kane has looked dangerous, scoring three goals and adding two assists through seven games. It's the little things that should have Jets fans excited. Kane's 30 hits placed him atop the entire NHL through Tuesday's games. Even while averaging 20-plus

minutes of ice time, Kane has just one recorded giveaway. Last season, he had 31, which were 11 more than any other Jets forward. His plus-2 mark trails only Andrew Ladd for the team lead.

Kane is a player who, despite his ability, has been maligned, especially for off-ice actions. Thankfully, Noel has unleashed Kane, moving him to the top line alongside Bryan Little and Blake Wheeler. Kane may not have the leadership of a Ladd yet, nor the soft touch of Wheeler, but no Jet plays with more fire and few drive to the net harder. He reminds me of a young Bill Guerin — big, fast, fearless and with a mean streak rarely seen in star-calibre players.

As long as Ondrej Pavelec continues stopping pucks at a .907 clip, the Jets will need to score in bunches to win games, and the best way to do so is to hand their reins to their best player. And the ironic part? Kane is earning more chances to put the puck in the net because he is openly, vocally committed to playing more of a two-way game. If he keeps this up, maybe the media will lay off him more when he's away from the rink.



Evander Kane has shown signs his game has been maturing through the season's first seven games. DEREK LEUNG/GETTY IMAGES

Kane day-to-day

Evander Kane was being assessed by a doctor Wednesday after hurting his leg in practice.

- Kane got tangled up along the boards with Anthony Peluso, and Peluso appeared to fall on Kane's right leg.
- Kane was seen holding his leg in pain and he was helped off the ice.
- Coach Claude Noel described the injury as a "tweak," but said Kane is listed as day-to-day until they have him assessed and find out the seriousness.
- Kane has been one of the most energetic members of Winnipeg's offence in their first seven games of the season, with three goals and two assists.
- The Jets (3-4-0) are at home this week to face the St. Louis Blues Friday.

THE CANADIAN PRESS

CFL. Bombers ready to play after ending fears of historic low for wins



Max Hall has seized the No. 1 QB reins as the Bombers hope for a miracle to make the playoffs. THE CANADIAN PRESS

At least there will be no breaking bad for the Winnipeg Blue Bombers this season.

They kept their playoff hopes alive with a win Monday that also means they won't bust the team's old record for losing in the 18-game CFL.

At 3-12 they would now finish, at worst, tied with the old mark of 3-15 set under Jeff Reinebold. But they have three games to go and other wins at least possible.

"That's good to know, I didn't know that," coach Tim Burke said Wednesday of the impact that one win had on his first full season as a head coach.

"Let's try to be above that too."

But the Bombers are still hanging on by a thread — one that will snap as soon as they lose or as soon as the Montreal Alouettes (6-9) win.

They face the Toronto Argonauts in Winnipeg Saturday

and next Thursday in Toronto, and close the regular season at home Nov. 2 against the Hamilton Tiger-Cats.

The quarterback carousel that has led the Winnipeg offence appears to have stopped, for the moment at least, at Max Hall.

The CFL rookie, who turned 28 this month, has completed 97 of 166 passes for 1,197 yards, six touchdowns and eight interceptions. He finally added a win

to his stats Monday in Montreal.

He was one of a pair of CFL rookies the Bombers brought in to watch and learn, with Buck Pierce as their starter and Justin Goltz as his main understudy.

But with Pierce traded and Goltz failing to measure up, Hall finds himself taking snaps.

"I fully anticipated having a year to sit, with having Buck and Justin in front of me to start the season," he said Wednesday. THE CANADIAN PRESS

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Dodgers revive bats to take Cards deep four times

MLB playoffs. 'This series is only getting started': Gonzalez sparks L.A.'s offence with 2 homers, 3 runs

It took the Dodgers five games to hit a home run in the NL championship series. Once Adrian Gonzalez powered up for the first one, their dormant offence broke loose.

Gonzalez homered twice and Zack Greinke came through with the clutch performance Los Angeles needed in a 6-4 victory over the Cardinals on Wednesday that trimmed St. Louis' lead to 3-2 in the best-of-seven playoff.

"Guys weren't ready to lose today," said Carl Crawford, who also went deep to help



Adrian Gonzalez hits one of his two homers. JEFF GROSS/GETTY IMAGES

the Dodgers save their season.

Los Angeles held on in the ninth, when St. Louis scored twice off closer Kenley Jansen before he struck out pinch-hitter Adron Chambers with two on to end it.

The series shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for Los Angeles against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"We've kind of become America's team because everyone wants to see a seventh game," Dodgers manager Don Mattingly said. "Probably even the fans in St. Louis would like to see a seventh game, so I figure that everybody's for us to win on Friday night."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

THE ASSOCIATED PRESS

NFL. Bills' Manuel out for another 4-6 weeks

Buffalo Bills rookie quarterback EJ Manuel is expected to miss another four to six weeks now that he's begun rehabbing his sprained right knee.

Coach Doug Marrone was able to provide a more definitive timetable on Manuel's recovery Wednesday after consulting with team doctors. Manuel began working out on his own Tuesday for



EJ Manuel
GETTY IMAGES

the first time since being hurt in a loss to Cleveland on Oct. 3.

Thad Lewis is set to make his second consecutive start Sunday, when Buffalo (2-4)

plays at Miami (3-2).

THE ASSOCIATED PRESS

Entering the Hall of Fame



"I thought I was dreaming obviously — and I still am."

Curler Russ Howard describing his reaction to the news of his naming into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

NHL

Caps blanked at home vs. Rangers

Henrik Lundqvist earned his 46th shutout, Brad Richards assisted on two New York goals less than two minutes apart in the second period, and the Rangers beat post-season foe Washington 2-0 on Wednesday to end a three-game losing streak. THE ASSOCIATED PRESS

NBA pre-season

Ross leads Raps past Celtics

Terrence Ross scored 19 points and Landry Fields added 14 points to lead the Toronto Raptors to a 99-97 victory over the Boston Celtics on Wednesday night.

Kyle Lowry scored 11 points while Valanciunas and Rudy Gay each added 10. THE CANADIAN PRESS

CFL

Ticats' Gable earns weekly honour

Hamilton Tiger-Cats running back C.J. Gable has been named the CFL offensive player of the week.

Gable rushed for 118 yards and a touchdown and added 46 receiving yards as the Ticats beat the Toronto Argonauts 24-18 last week. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OT	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
Washington	6	2	4	0	0	17	22	4
Florida	7	2	5	0	0	16	28	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
NY Rangers	5	1	4	0	0	9	25	2
Philadelphia	7	1	6	0	0	10	20	2

Wednesday's results

NY Rangers at Washington
Calgary at Anaheim

Tuesday's results

Toronto 4 Minnesota 1
Pittsburgh 3 Edmonton 2
Vancouver 3 Philadelphia 2
Ottawa 4 Phoenix 3 (OT)
San Jose 6 St. Louis 2
Colorado 3 Dallas 2
Nashville 4 Florida 3
Tampa Bay 5 Los Angeles 1
Chicago 3 Carolina 2 (SO)
Buffalo 4 NY Islanders 3 (SO)
Montreal 3 Winnipeg 0
Detroit 2 Columbus 1

Thursday's games

All times Eastern

Vancouver at Buffalo, 7 p.m.
Edmonton at NY Islanders, 7 p.m.
Carolina at Toronto, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Minnesota at Tampa Bay, 7:30 p.m.
Columbus at Montreal, 7:30 p.m.
New Jersey at Ottawa, 7:30 p.m.
Boston at Florida, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.

WESTERN CONFERENCE

	GP	W	L	OT	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Anaheim	5	4	1	0	0	18	12	8
Calgary	5	3	0	1	1	18	17	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

St. Louis at Chicago, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Detroit at Colorado, 9 p.m.

Friday's games

St. Louis at Winnipeg, 8 p.m.
Phoenix at Anaheim, 10 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)

Wednesday's result

L.A. Dodgers 6 St. Louis 4

Tuesday's result

St. Louis 4 L.A. Dodgers 2

Friday's game — All times Eastern

L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Boston leads 2-1)

Wednesday's result

Boston at Detroit

Tuesday's result

Boston 1 Detroit 0

Thursday's game — All times Eastern

Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.

Friday's game — All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's games

Toronto at Winnipeg, 3:30 p.m.

B.C. at Saskatchewan, 7 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern

Seattle at Arizona, 8:25 p.m.

Sunday's games

Cincinnati at Detroit, 1 p.m.

San Diego at Jacksonville, 1 p.m.

St. Louis at Carolina, 1 p.m.

Chicago at Washington, 1 p.m.

New England at N.Y. Jets, 1 p.m.

Buffalo at Miami, 1 p.m.

Dallas at Philadelphia, 1 p.m.

Tampa Bay at Atlanta, 1 p.m.

San Francisco at Tennessee, 4:05 p.m.

Cleveland at Green Bay, 4:25 p.m.

Houston at Kansas City, 4:25 p.m.

Baltimore at Pittsburgh, 4:25 p.m.

Denver at Indianapolis, 8:30 p.m.

Monday's game

Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result

Montreal at Los Angeles

Friday's game — All times Eastern

D.C. at Kansas City, 8 p.m.

Saturday's games

Philadelphia at Montreal, 2 p.m.

Seattle at Dallas, 2:30 p.m.

Vancouver at Colorado, 6 p.m.

Columbus at New England, 7:30 p.m.

Toronto at Chicago, 8:30 p.m.

Salt Lake at Portland, 10:30 p.m.

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Horoscopes

♈ Aries

March 21 - April 20

The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus

April 21 - May 21

Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini

May 22 - June 21

You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer

June 22 - July 23

You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo

July 24 - Aug. 23

Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo

Aug. 24 - Sept. 23

It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra

Sept. 24 - Oct. 23

You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio

Oct. 24 - Nov. 22

You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius

Nov. 23 - Dec. 21

You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn

Dec. 22 - Jan. 20

The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius

Jan. 21 - Feb. 19

You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

♓ Pisces

Feb. 20 - March 20

You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Learning basics
- Rushed letters?
- Real ___ (Authenticity)
- Billy Crystal sitcom
- Sleuth's lead
- Gnaw geologically
- Money ___ object
- ___ Saint-Luc, Quebec
- Novelist Ayn's
- Info-disclosing link at a webpage's bottom: 2 wds.
- Open land area
- "Frida" or "Ray"
- Abbrs. in business names
- ' ___ in Jasper
- Emperor of Rome
- Annually, ___ year
- "The Crucible" (1996) setting
- Resume no.
- Mil. rank
- River in Alberta; or, Valley in Manitoba
- Murder trial's li'l bit of proof
- Grammy competitor, e.g.
- Gives the cold shoulder
- Helps in dishwashing
- His 'n' ___
- Filmmaker org.
- City of France



- Help in hockey goal-making
- "I Will Wait" by ___ & Sons
- Created-in-Calgary cocktail: 2 wds.
- Where Tripoli is the capital
- Stench
- Ailed, ___ fever

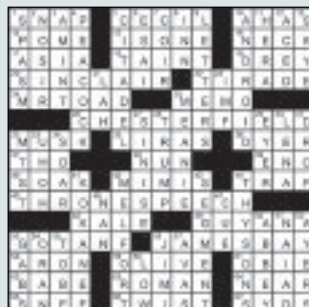
- Hall & Oates hit: "___ Education"
- One-minus-One
- ___ a shirt in
- Analyze/break down
- Roughly: 2 wds.
- "What's Hecuba to him ___ to Hecuba..." - Hamlet

Down

- Foreigner's "Cold ___": 2 wds.
- Fenway Park baseball team, to fans
- Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
- City in Washington
- Admission
- Slippery ___
- Car
- Chemical ___ (Dermatology service)
- Thanks, in Quebec City
- Colouring book need
- Jailbird

- "The ___ Couple"
- Thumbs-up
- HOW THIS IS WRITTEN: 2 wds.
- Henrik ___ (A Doll's House playwright)
- Dino on "The Flintstones": 2 wds.
- Songbook standard: "Goodnight, ___"
- Pepsi
- ___ the Hutt
- Actress Ms. Larter's
- D-Day beach
- Monickers
- Super pleased with oneself
- Puccini opera, ___ Butterfly
- Put an ___ (Halt): 2 wds.
- Cite or make mention of: 2 wds.
- Prophetesses of classical mythology
- Clock kind
- Writing tablet
- "Saturday Night Live" alum Mike
- Variety of salad dressing
- Toronto-born rapper
- Particular pasta
- ___ Lake, Nfld.
- Jogger's once-around
- Apples: ___ Red
- Li'l office

Yesterday's Crossword

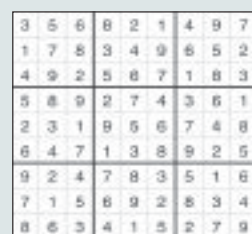


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

FRIDAY

SATURDAY



MAX: 7°
MIN: 0°



MAX: 7°
MIN: -2°



MAX: 6°
MIN: -1°



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